

The amount of fat in grams of an average serving is listed below.

	Fat grams
ice cream 1/2 cup (16% fat)	23.7
sausage 2 links	23
American cheese (whole milk) 2 oz	17
french fries 15 (3 oz)	15
ice cream 1/2 cup (10% fat)	14.3
vegetable oil 1 Tbsp	14
nuts 1 oz	14
commercial pie 1 slice (1/6 pie)	10
cream cheese, regular 1 oz	9.5
milk chocolate 1 oz	9
salmon 4 oz	7.3
bacon 2 strips	6
Ice milk 1 cup	5.6
cakes, cookies, pies, etc.	Read labels.

Food labels now provide an accurate amount of fat per serving.

SAMPLE MENU

Breakfast

orange juice 4 oz
Bran Flakes 1/2 cup
fried eggs 2 large
bacon 2 slices
wheat toast 2 slices
margarine 2 tsp
jelly 1 Tbsp
whole milk 8 oz
coffee 1 cup
sugar 2 tsp
salt 1 tsp
pepper 1 tsp

Lunch

chicken salad
1/2 cup on
lettuce leaf
macaroni salad
1/2 cup
saltines 6
apple 1 med
coffee 1 cup
sugar 1 tsp
salt 1 tsp
pepper 1 tsp

Dinner

roast beef 4 oz
baked potato 1 med
margarine 1 Tbsp
cooked carrots
1/2 cup
dinner roll
gelatin 1/2 cup
whipped topping
2 Tbsp
coffee 1 cup
sugar 1 tsp
salt 1 tsp
pepper 1 tsp

THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories.....	2220	Fat.....	100 gm
Protein.....	90 gm	Sodium.....	3995 mg
Carbohydrates.....	240 gm	Potassium.....	3020 mg

This material does not cover all dietary information and is not intended as a substitute for professional medical care.

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FECAL FAT TEST DIET PREPARATION



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PURPOSE

Malabsorption is a medical condition that means fat in the diet (and also proteins, carbohydrates, minerals, and vitamins) may not be absorbed properly. Absorption is the transfer of nutrients into the bloodstream from the intestine. The bloodstream then carries these nutrients to the areas of the body where they are needed. Malabsorption may be caused by disorders of the pancreas, stomach, and small intestine.

The best way to make the diagnosis is to measure the amount of fat in the stool. The fat content is usually measured each day for three consecutive days. To get an effective test result, it is necessary to eat 100 grams of fat each day for six days. This begins three days before the test and continues for the three days during the test. This fat load challenges the intestine to absorb fat. If absorption is normal, up to 6 grams of the 100 grams would be passed with the stool over 24 hours, and the rest would be absorbed in the intestine. Malabsorption is suspected when fat in the stool is in excess of 6 grams.

NUTRITION FACTS

A 100 gm fat diet should be adequate in all nutrients. Furthermore, this diet is not used long enough to cause deficiencies, especially if the regular food pattern is adequate in grains, vegetables, and fruits.

SPECIAL CONSIDERATIONS

1. Fat intake can be from either animal or vegetable sources. A mixture of the two is usually recommended. The amount of fat eaten should be recorded daily throughout the six-day diet. If 100 grams of fat cannot be eaten each day, notify the physician of the approximate amount eaten.
2. Each hospital or laboratory has its own special preparation and materials for collecting the stool specimens. These instructions should be followed exactly. Usually, there is a canister for each of the three days. Urine and toilet tissue should not be placed in the container or mixed with the stool.

FOOD GROUPS

Group	Recommend
Milk & milk products	whole milk (4% fat), 2% milk, creams, whole milk cheeses, whole milk buttermilk
Meat & meat substitutes	marbled meats such as beef and pork, hamburger with over 15% fat, hot dogs, sausage, bacon, lunchmeat, chicken fat, salmon and fatty fishes (most fish is low in fat), dark meat of poultry, whole eggs, meat and chicken fried in oil
Fats & oils	butter, shortening, margarine, olive oil, vegetable oils (corn, coconut, soy bean), mayonnaise
Sweets & desserts	commercial cakes, pies, cookies, ice cream, ice milk, custards and puddings made with whole or 2% milk, chocolate
Fruits	most fruits are very low in fat
Vegetables	certain vegetables have a high fat content: avocados, soybeans, olives, nuts, vegetables fried in oil, fried potatoes
Breads & grains	butter rolls, refrigerated or frozen rolls, sweet rolls, commercial or microwave popcorn
Soups	creamed soups made with creams, whole milk, or 2% milk

The amount of fat in grams of an average serving is listed below.

	Fat grams
sirloin steak 4 oz, broiled/fried	20/28
dark meat chicken 4 oz, roasted with skin	18
hamburger (20% fat)	14
eggs 2 large	11
cream 1 oz, heavy whipping (35% fat)	11
mayonnaise 1 Tbsp	11
Whole milk (4% fat) 8 oz	8
medium whipping cream (25% fat)	7.6
2% milk 8 oz	4.7
butter 1 tsp	4